

AL.2-2003-30

*Student and teacher: Use this cover sheet for mailing or faxing.*

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# **ASSIGNMENT BOOKLET B**

CMH 1060

Community Health 1060: Section 3 Assignment

## **FOR STUDENT USE ONLY**

Date Assignment Submitted:

\_\_\_\_\_

Time Spent on Assignment:

\_\_\_\_\_

(If label is missing or incorrect)

Student File Number:

\_\_\_\_\_

Course Number: \_\_\_\_\_

## **FOR OFFICE USE ONLY**

Assigned

Teacher: \_\_\_\_\_

Assignment

Grading: \_\_\_\_\_

Graded by: \_\_\_\_\_

Date Assignment Received: \_\_\_\_\_

## **Student's Questions and Comments**

**Apply Course Label Here**

**Name**

**Address**

**Postal Code**

*Please verify that preprinted label is for  
correct course.*

## **Teacher's Comments**

\_\_\_\_\_  
**Teacher**

# **INSTRUCTIONS FOR SUBMITTING THIS DISTANCE LEARNING ASSIGNMENT BOOKLET**

When you are registered for distance learning courses, you are expected to regularly submit completed assignments for correction. Try to submit each section of assignments as soon as you complete it. Do not submit more than one Assignment Booklet in one subject at the same time. Before submitting your section assignments or your Assignment Booklet, please check the following:

- Are all the assignments completed? If not, explain why.
- Has your work been reread to ensure accuracy in spelling and details?
- Is the booklet cover filled out and the correct course label attached?

## **MAILING**

### **1. Postage Regulations**

Do **not** enclose letters with your assignments or Assignment Booklets.

**Send all letters in a separate envelope.**

### **2. Postage Rates**

**Put your assignments or Assignment Booklet in an envelope and take it to the post office and have it weighed. Attach sufficient postage** and seal the envelope. Assignment Booklets will travel faster if sufficient postage is used and if they are in large envelopes that do not exceed two centimetres in thickness.

## **FAXING**

1. Assignment Booklets may be faxed to the school with which you are registered. Contact your teacher for the appropriate fax number.
2. All faxing costs are the responsibility of the sender.

## **E-MAILING**

It may be possible to e-mail your completed assignments to the school with which you are registered. Contact your teacher for the appropriate e-mail address.





# CAREER & TECHNOLOGY STUDIES

**ASSIGNMENT  
BOOKLET B**

**Home Care 1  
CMH 1060**



Learning  
Technologies  
Branch

**Alberta**  
LEARNING



## FOR TEACHER'S USE ONLY

### Summary

	Total Possible Marks	Your Mark
Section 3 Assignment	40	
	40	

### Teacher's Comments

Community Health 1060  
Home Care 1  
Assignment Booklet B  
Section 3 Assignment  
Learning Technologies Branch  
ISBN 0-7741-1871-7

This document is intended for

Students	✓
Teachers	✓
Administrators	
Home Instructors	
General Public	
Other	



You may find the following Internet sites useful:

- Alberta Learning, <http://www.learning.gov.ab.ca>
- Learning Technologies Branch, <http://www.learning.gov.ab.ca/lrb>
- Learning Resources Centre, <http://www.lrc.learning.gov.ab.ca>

The use of the Internet is optional. Exploring the electronic information superhighway can be educational and entertaining. However, be aware that these computer networks are not censored. Students may unintentionally or purposely find articles on the Internet that may be offensive or inappropriate. As well, the sources of information are not always cited and the content may not be accurate. Therefore, students may wish to confirm facts with a second source.

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## **ASSIGNMENT BOOKLET B**

### **COMMUNITY HEALTH 1060—HOME CARE 1**

Your mark on this course will be determined by how well you do your assignments.

Work slowly and carefully. If you have difficulty, go back and review the appropriate section.

This Assignment Booklet is worth 40 marks out of a total of 100 marks. The value of each question is stated in the left margin.

Be sure to proofread each assignment carefully.



40

**Section 3 Assignment: Skin—The Body's Largest Organ**

**Read all parts of your assignment carefully and record your answers in the appropriate places.**

10

1. Put a **T** or an **F** in the blank next to each statement that follows to indicate whether it is true or false.

- \_\_\_ a. First-degree burns are more serious than second-degree burns.
- \_\_\_ b. The stratum lucidum is a layer of the skin's dermis.
- \_\_\_ c. Hair is an appendage of the skin made up largely of keratin.
- \_\_\_ d. Sebum is produced by the eccrine glands.
- \_\_\_ e. Hair follicles are distributed over the entire body.
- \_\_\_ f. Impetigo is highly infectious.
- \_\_\_ g. Athlete's foot is caused by a fungus.
- \_\_\_ h. A malignant melanoma requires faster attention than basal cell skin cancer.
- \_\_\_ i. According to the rule of nines, the skin of a leg makes up about 9 percent of the skin on a human body.
- \_\_\_ j. Dermal ulcers can go right through all the layers of skin and into tissues below it.
- \_\_\_ k. Warts are examples of vesicles.
- \_\_\_ l. The first thing to do if you spot a pressure sore is to massage the sore.
- \_\_\_ m. Cold water should be applied to third-degree burns.
- \_\_\_ n. A blackhead is the result of oxidized sebum in a hair follicle.
- \_\_\_ o. Terminal hairs are thicker and longer than vellus hair.
- \_\_\_ p. Apocrine glands are the ones responsible for body odour.
- \_\_\_ q. Acne is the result of poor personal hygiene.
- \_\_\_ r. Papules may contain pus.
- \_\_\_ s. The sebaceous glands often speed up production during adolescence.
- \_\_\_ t. It's normal to develop moles throughout your life.

2. A patient has pressure sores that have gone through all three layers of the skin.

①

a. What stage have the sores reached?

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③

b. Explain what should be done to deal with this situation.

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②

3. A care-receiver has pustules forming on her hands, feet, and scalp. You suspect it's impetigo. How would you deal with this situation? Give reasons for your answer.

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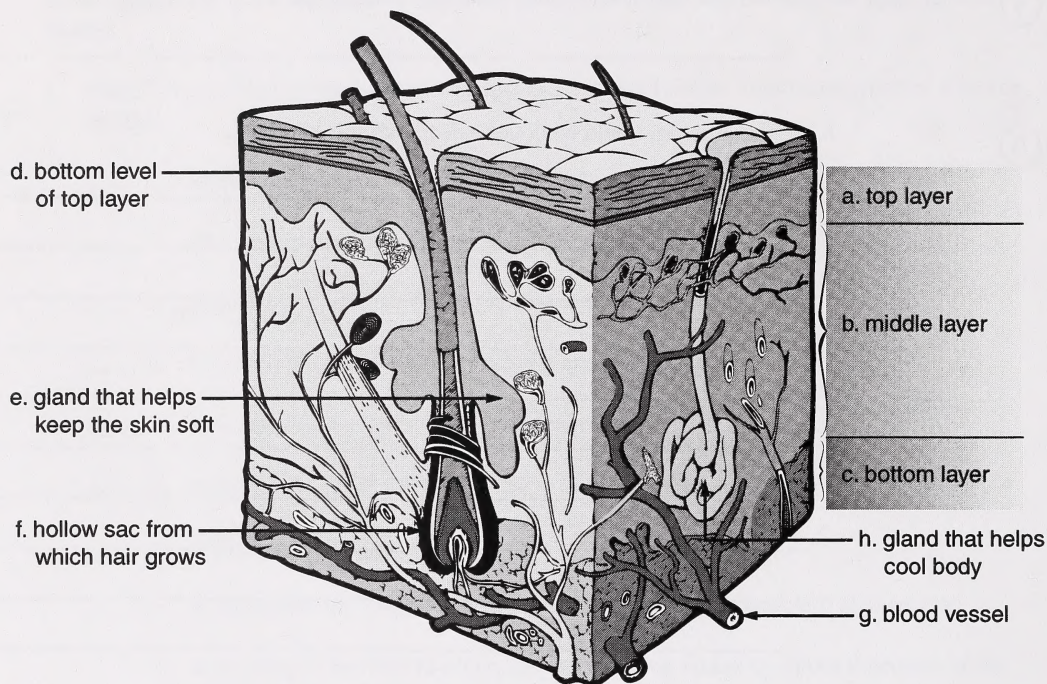
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4. Following is a cross-section of the skin. Identify the parts of the skin shown by writing in the labels in the spaces provided.



- |          |          |
|----------|----------|
| a. _____ | e. _____ |
| b. _____ | f. _____ |
| c. _____ | g. _____ |
| d. _____ | h. _____ |

5. While ironing clothes, Kaitlyn places the iron near the edge of the board. The iron topples over, and, in grabbing for it, Kaitlyn burns her hand.

- a. What type of a burn would Kaitlyn likely get from this incident?

\_\_\_\_\_



- ② b. What symptoms would Kaitlyn likely experience with this burn. Describe the burn's appearance as part of your answer.
- 
- 
- 
- 
- 
- 
- ② c. How would you treat this burn?
- 
- 
- 
- 
- 
- 
- ①⑤ 6. You are to prepare a visual presentation showing some aspect of skin care. If you have access to the necessary equipment, this can be done in the form of a video or a Microsoft® PowerPoint® presentation. Otherwise, you might prepare a poster or a short pamphlet. The presentation can be on an aspect of skin care discussed in this section. If you wish to focus on some other aspect of skin care, be sure to contact your teacher to get permission before you begin. Following are a few ideas for topics discussed (or at least touched upon) in this section.
- proper procedures for nail care
  - preparing and giving an emollient bath (If you're taking photographs or making a video, have your patient wear a bathing suit!)
  - protecting your skin from the sun
  - dealing with acne
  - dealing with burns
  - dealing with (or preventing) pressure sores



Your presentation will be marked on

- content (amount and accuracy)
- presentation
- organization

Be sure that your cassette, disk, poster, pamphlet, or anything else you may be submitting is properly and fully labelled.



## COURSE SURVEY FOR CMH 1060 (© 2002)

*After you have completed the assignments in this course, please fill out this questionnaire and mail it to the address given on the last page. This course is designed in a new distance learning format, so we are interested in your responses. Your constructive comments will be greatly appreciated, as future course revisions can then incorporate any necessary improvements.*

Name \_\_\_\_\_ Age    ☐ under 19    ☐ 19 to 40    ☐ over 40

Address \_\_\_\_\_ File No. \_\_\_\_\_

\_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_

### Design

1. The Student Module Booklet contains a variety of self-assessed activities. Did you find it helpful to be able to check your work and have immediate feedback?

☐ Yes    ☐ No    If yes, explain.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Were the questions and directions easy to understand?

☐ Yes    ☐ No    If no, explain.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



3. Each section contains follow-up activities. Which type of follow-up activity did you choose?

- ☐ mainly Extra Help
- ☐ mainly Enrichment
- ☐ a variety
- ☐ none

Did you find these activities beneficial?

- ☐ Yes    ☐ No    If no, explain.

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4. Did you understand what was expected in the Assignment Booklets?

- ☐ Yes    ☐ No    If no, explain.

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5. The course materials were designed to be completed by students working independently at a distance. Were you always aware of what you had to do?

- ☐ Yes    ☐ No    If no, provide details.

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6. This distance learning course may include an assortment of drawings, photographs, and charts.

a. Did you find the visuals in this course helpful?

- ☐ Yes    ☐ No    Comment on the lines below.

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b. Did you find the variety of visuals in this course motivating?

- ☐ Yes    ☐ No    Comment on the lines below.

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7. Some activities may have called for the use of an audiocassette, videocassette, or CD. Did you use these forms of media?

☐ Yes    ☐ No    Comment on the lines below.

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8. The Student Module Booklet may have directed you to work with your teacher. How well did you work as a team?

Student's comments: \_\_\_\_\_

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Teacher's comments: \_\_\_\_\_

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## Course Content

1. Was enough detailed information provided to help you learn the expected skills and objectives?

☐ Yes    ☐ No    Comment on the lines below.

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2. Did you find the workload reasonable?

☐ Yes    ☐ No    If no, explain.

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3. Did you have any difficulty with the reading level?

☐ Yes    ☐ No    Please comment.

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4. How would you assess your general reading level?

☐ poor reader    ☐ average reader    ☐ good reader

5. Was the material presented clearly and with sufficient depth?

☐ Yes    ☐ No    If no, explain.

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### General

1. What did you like least about the course?

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2. What did you like most about the course?

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### Additional Comments

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**Only students enrolled with the Alberta Distance Learning Centre need to complete the remaining questions.**

1. Did you contact the Alberta Distance Learning Centre for help or information while doing your course?

☐ Yes    ☐ No    If yes, approximately how many times? \_\_\_\_\_

Did you find the staff helpful?

☐ Yes    ☐ No    If no, explain.

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2. Were you able to fax or e-mail any of your assignment response pages?

☐ Yes    ☐ No    If yes, comment on the value of being able to do this.

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3. If you mailed your assignment response pages, how long did it take for their return?

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4. Was the feedback you received from your correspondence or distance learning teacher helpful?

☐ Yes    ☐ No    Please comment.

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Thanks for taking the time to complete this questionnaire.  
Your feedback is important to us. Please return this  
questionnaire to the address on the right.

Learning Technologies Branch  
Box 4000  
Barrhead, Alberta  
T7N 1P4

If you are enrolled at the Alberta Distance Learning Centre  
and will be mailing your Assignment Booklets to ADLC,  
you may return this questionnaire with the final Assignment  
Booklet in the course.

